

THE 8 HABITS MANIFESTING VIBRATION ROUTINE!

(The Short Version)

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1. MENTAL and FINANCIAL ROUTINE

- The first 4 minutes you are awake, grab the reigns on your mind's wild horses and practice relaxing your body and connecting with the simple sweet Divine Presence inside you.
- Start by saying "YES" to who you are, where you are in your life today and a big YES to your past exactly as it is, out loud or in your mind as frequently as possible.
- Visualize and feel that everything on your 90 Day Manifesting Agenda has just manifested!! Imagine you already have everything you need.
- Proclaim to the entire Universe while looking at yourself in the mirror that you are financially abundant and free. Know that you are the master of money. Let in the feelings of being secure, provided for, safe, healthy, happy and financially free!

2. PHYSICAL and ENERGETIC ROUTINE

- The first movement is to naturally stretch and do a little Yoga for your body. Be like a cat waking up! Make time each morning to stretch and relax into this amazing manifesting vehicle you LIVE IN!
- Jump up and down physically and emotionally let yourself get outrageously EXCITED about life! Jump as high as you can with your arms extending up out into the air, and leap off the ground as many times as you can yelling, "I'M EXCITED! I'M EXCITED! I'M EXCITED! WHOO-HOO!!!" Get excited about your greatest dreams and desires having just been manifested!!
- Exercise your body for 20 minutes a day, 6 days a week, the first thing you do every morning. Practice Dream Dialoging with a friend while you exercise! Go PowerWalking together and talk about how your greatest desires just magically came true!!

3. SPIRITUAL and MEDITATION ROUTINE

- After exercising, stretch your body, then sit silently for 20 minutes of pure stillness, silence and inner relaxation. Take at least 20 minutes everyday to meditate in the mornings.
- Before meditation and randomly throughout the day practice the Magic Body Mantra... Quiet Mind - Open Heart - Relaxed Being
- Be freely loving and appreciative of everyone in your world. Be devoted to exploring your spiritual journey

4. SOCIAL and INSPIRATIONAL ROUTINE

- Listen to or read inspirational material for at least for five minutes a day, six days a week. Make time to realize that the life you have right here is to be celebrated!
- During the waking hours every week; spend 1/3 of your time alone, 1/3 intimately with one other person, and 1/3 with a group of 2 or more.
- Start a Dream Dialoging Team! Have weekly or nightly meetings! Create a supportive group of people around you where you can share your life openly and honestly with everyone.

5. EMOTIONAL and SENSUAL ROUTINE

- Give yourself space to experience each emotion and experience that arises in your life.
- Be a sensually alive being! Give yourself permission to be an erotically, alive, sexual being. It's O.K. to be sexually aroused everyday!
- Let yourself become MORE in physical contact with human beings than ever before! Give and receive as many hugs as you can everyday.

6. POWER FOODS and EATING ROUTINE

- 70% of your diet is water based foods (did it grow?) for 6 days a week. Stick to organic and all natural foods that may feel more "alive". One day every week, allow yourself to eat anything you desire.
- Eat slowly, chomping each bite of food completely (around 17 times) to help digestion and increase energy. Breathe and taste your food...enjoy it!

7. DETOXIFICATION and PURIFICATION ROUTINE

- Eliminate ALL toxic substances from your life! Say NO to alcohol, nicotine, caffeine, drugs etc. Free yourself from all the negative things and thoughts about yourself and your life.
- Drink lots of fresh purified water every day to keep your system running clean.
- Stop eating food for 36 hours and do a vegetable juice and/or fruit juice fast. It will help you think more clearly. Do it at least 3 to 4 times every year!

8. SLEEPING and DREAMING ROUTINE

- Make sure you go to bed early so you can get up early... and jump on your life! It is preferable to go to sleep before 10:30 pm, and rise before 7 am. Close everyday with what you are thankful for in your life. Acknowledge the powerfully magical manifesting being you truly are!
- During the last 4 minutes before you fall asleep, set the intention to wake up in the morning well-rested, 100% healed, and excited to manifest! Imagine having even more fun tomorrow morning, visualizing yourself doing your morning manifesting routine!
- Practice remembering your dreams, writing them down, and controlling them. Lucid dream your ideal fantasy life every night before you go to sleep. We highly recommend that you post your 3-5 goals from your Manifesting Agenda by your bedside and keep the short version of the manifesting routine easily accessible.

Many blessings to you,
Jafree Ozwald
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